



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01215, Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D

Report Date: July 11, 2017 14:51 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice 3/4 oz 21g	1 slice 2/3 oz 19g
Proximates						
Water	g	51.80	--	--	10.88	9.84
Energy	kcal	240	--	--	50	46
Energy	kJ	1004	--	--	211	191
Protein	g	17.60	--	--	3.70	3.34
Total lipid (fat)	g	14.10	--	--	2.96	2.68
Ash	g	5.90	--	--	1.24	1.12
Carbohydrate, by difference	g	10.60	--	--	2.23	2.01
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	8.02	--	--	1.68	1.52
Minerals						
Calcium, Ca	mg	529	--	--	111	101
Iron, Fe	mg	0.20	--	--	0.04	0.04
Magnesium, Mg	mg	33	--	--	7	6
Phosphorus, P	mg	829	--	--	174	158
Potassium, K	mg	330	--	--	69	63
Sodium, Na	mg	1201	--	--	252	228
Zinc, Zn	mg	2.36	--	--	0.50	0.45
Copper, Cu	mg	0.030	--	--	0.006	0.006
Selenium, Se	µg	12.4	--	--	2.6	2.4
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.070	--	--	0.015	0.013
Riboflavin	mg	0.480	--	--	0.101	0.091

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice 3/4 oz 21g	1 slice 2/3 oz 19g
Niacin	mg	0.180	--	--	0.038	0.034
Vitamin B-6	mg	0.080	--	--	0.017	0.015
Folate, total	µg	18	--	--	4	3
Folic acid	µg	0	--	--	0	0
Folate, food	µg	18	--	--	4	3
Folate, DFE	µg	18	--	--	4	3
Choline, total	mg	36.2	--	--	7.6	6.9
Vitamin B-12	µg	1.11	--	--	0.23	0.21
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	250	--	--	52	48
Retinol	µg	243	--	--	51	46
Carotene, beta	µg	80	--	--	17	15
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	945	--	--	198	180
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	0.06	0.05
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	5.3	--	--	1.1	1.0
Vitamin D3 (cholecalciferol)	µg	5.3	--	--	1.1	1.0
Vitamin D	IU	212	--	--	45	40
Vitamin K (phylloquinone)	µg	2.6	--	--	0.5	0.5
Lipids						
Fatty acids, total saturated	g	8.850	--	--	1.859	1.681
4:0	g	0.460	--	--	0.097	0.087
6:0	g	0.270	--	--	0.057	0.051
8:0	g	0.210	--	--	0.044	0.040
10:0	g	0.340	--	--	0.071	0.065
12:0	g	0.420	--	--	0.088	0.080
14:0	g	1.450	--	--	0.304	0.276
16:0	g	3.930	--	--	0.825	0.747
18:0	g	1.610	--	--	0.338	0.306

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 slice 3/4 oz 21g	1 slice 2/3 oz 19g
Fatty acids, total monounsaturated	g	4.130	--	--	0.867	0.785
16:1 undifferentiated	g	0.370	--	--	0.078	0.070
18:1 undifferentiated	g	3.470	--	--	0.729	0.659
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.410	--	--	0.086	0.078
18:2 undifferentiated	g	0.270	--	--	0.057	0.051
18:3 undifferentiated	g	0.150	--	--	0.032	0.029
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	53	--	--	11	10

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0